

# Provence & Côte d'Azur

Single center lower  guided walking

- Quiet coves, sheltered creeks, the glamour of the Côte d'Azur
- Traditional Provençal villages, soft terracotta colours, sun-drenched landscapes, swimming in the Med
- Exotic Mediterranean flora: orange trees, peaches, almonds, figs
- Superb coastal paths, lush hill valleys, corks, Aleppo pines
- Champagne lunch on private sailing yacht included!



On this guided walking holiday we've combined some of the most spectacular walks in Provence with medieval villages, bustling fishing harbours and magnificent coastal stretches of the famous Côte d'Azur. It's a glorious mix. Impressive pirate strongholds stand high in the ancient forests of the Maures Massif; once great monasteries sit silent in the high valleys; traditional little fishing boats bob happily between the sleek yachts of the rich and famous. You'll have the chance to swim in quiet coves, and you'll discover more wild flowers than you ever knew existed.

You stay as guests of Mme Podda in the ★★★ Hôtel les Alcyons, an easy 3kms/2mi walk from Le Lavandou. All Breakaway customers are allocated Air-conditioned rooms, with balcony and sea view. Breakfast is usually served on the sunny bougainvillea-bedecked terrace, with evening meals taken at the family's restaurant next door†. In order that you can sample the very best of Provençal cuisine, we have included a full à la carte menu every night.

Our walking guide will accompany all walks. Some paths will take us along lovely coastal stretches, on other days we'll be exploring the pretty Provençal villages and vine-clad hillsides inland. Mostly, lunches will be picnics en route, but we also make the best of some great little cafés, specially chosen for their warm welcome and great regional food.

† In early and late season the adjacent restaurant is not usually open, so dinners are arranged at an alternative nearby.



Book now on 1-800-567-6286 or visit [www.breakaway-adventures.com](http://www.breakaway-adventures.com) for more information

## PROVENCE & CÔTE D'AZUR | DAY BY DAY

### Sunday Arrive at Le Lavandou

We meet you at Marseilles Airport and take you to your hotel where our guide will brief you before dinner about the week's program.

### Monday Port Cros 10km/6mi/5hr

We start with a 40 min ferry ride (fare included) from Le Lavandou to Ile de Port Cros - the wildest and most natural of the Iles d'Or (Golden Islands). Starting at the port on the northern tip, we cross the island heading south to the coast. The flora and fauna are so well preserved that even bicycles aren't allowed on the island - and smoking is strictly forbidden. After a picnic, we return along the north coast with magnificent views back across the Med and great places to swim.

### Tuesday Fort de Brégançon 8km/5mi/3.5hr

A gentle coastal path leads us from the Plage du Pellegrin around beautiful sweeping bays to the beach of L'Estagnol. We have a quick swim before lunch in a super beach restaurant. To help digest, we have a game of pétanque, chance of another swim and continue to Brégançon - home of the French President's summer residence. On the way home, a short detour to the picturesque village of Bormes-les-Mimosas.

### Wednesday Cap Lardier 9km/6mi/4hr

A superb coastal path, lined with pillar-box red poppies, bright yellow cistus and startling white mimosas, leads us from the sandy beach at Gigaro to Cap Lardier, a noted bird sanctuary. Before returning to the hotel, we take a short detour to the typically Provençal artists village of Ramatuelle.

### Thursday Le Lavandou & MillionAire's Cruise

We start the day with a visit to the Provençal market at Le Lavandou. A luxury yacht awaits us at the port from where we sail to a remote bay. We celebrate arrival at our destination with ice cold champagne apéritifs, followed by a buffet lunch on board. In the afternoon, we can dive from the boat to swim and snorkel in the clear blue waters of the Med, or simply relax in sunny luxury. Upon return to Le Lavandou, we walk back to the hotel along an amazing coastal path - a perfect end to a super day.

### Friday Massif des Maures 12km/7mi/4hr

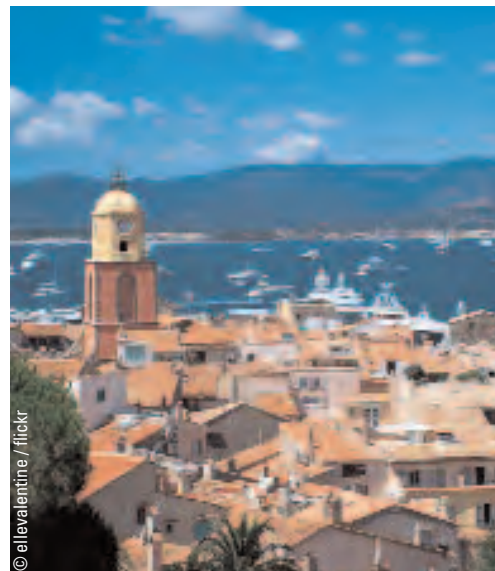
Our circular route follows an old charcoal burner's path through shaded green forests of Aleppo pines, chestnuts and ancient oaks - many of the villagers of the hamlets on the densely wooded slopes of the Massif des Maures still make their living from gathering the sweet chestnuts. After a picnic we head over to the charming village of Collobrières - THE place to sample marrons glacés!

### Saturday Cap St Tropez 10km/6mi/4.5hr

Our final day's walk is mostly at sea level along a well trodden path, carpeted with Mediterranean *maquis* as we discover tiny coves only accessible by foot. After a leisurely picnic against a backdrop of the snow-capped Alps Maritimes, we carry on to the honey-pot resort of St Tropez, passing millionAires' houses and Bridget Bardot's cottage en-route. You can wander along the quayside, visit the Citadelle, or savor a *kir royale* in Place Carnot and watch the world go by.

### Sunday Leave Le Lavandou

Subject to transfer timings, we'll leave the hotel after breakfast and drive (2 hours) to Aix-en-Provence. Time to stroll around this beautiful university town before lunch (optional) on the terrace of a 150-year old restaurant on the Cours Mirabeau. It's then just a 20 minute drive to the Airport to catch your flight home.



*"This holiday rates joint first with us of all the holidays we have taken with you - 12 to date!"*

*Dr M Routledge*

### Dates and Prices

Departs selected Sundays	Tour Only
<b>2012 departures</b>	
May 13 Sep 23	\$3,498
May 20, 27	\$3,498
May 6	\$3,536
Sep 2, 9, 16	\$3,587

**Singles:** Add \$115 per night all dates except Sep 2, 9, 16 when \$140 per night.

**Child:** This holiday is unsuitable for children under 14.

**Holiday type:** Guided walking, single center, groups of typically 4-8 people on each tour.

**Departs:** Selected Sundays from May 6 to Sep 23.

**Duration:** 8 days (7 nights).

**Meals:** Continental breakfast, 6 lunches and all evening meals.

**Other details:** For "What your holiday price includes," see "Holiday Planning" section pp 48-51.

### Tailor-made travel choices

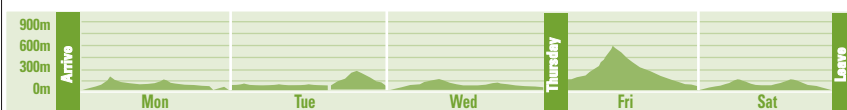
**Nearest Arrival Airport: Marseille Airport.** Flights can be arranged from most US/CANADA Airports, with connecting transfers as required, prices and details on request.

**The above prices include our standard transfers:** Marseille Airport pick up at 16:10 (transfer to hotel, 2 hours, provided). **Return:** Marseille Airport by 14:50 (transfer provided).

**Tour only:** Transfers included from Marseille Airport at 16:10, and back to Marseille Airport departing the hotel at 13:00.

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### PROVENCE & CÔTE D'AZUR | WALKING DETAILS



A moderate level walk at the upper end of our range, largely on semi-shaded coastal paths. The few short ascents afford spectacular views. Walking boots are essential.

**Average daytime temperature (°C):**  
 19 21 27 25 22  
 APR MAY JUN SEP OCT

**Average monthly rainfall (mm):**  
 42 46 24 60 75  
 APR MAY JUN SEP OCT

Further details at [www.breakaway-adventures.com](http://www.breakaway-adventures.com)